



David Rosengarten

Frisee with Crisped Salmon Skin and Warm Sherry Vinaigrette

READY IN



45 min.

SERVINGS



6

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ginger fresh grated
- ☐ 12 cups salad leaves curly endive dry washed (curly endive)
- ☐ 2 garlic clove
- ☐ 1 cup half and half
- ☐ 2 teaspoons juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 2 pound salmon fillet for the rest of the salmon fillet! (We advise you make this dish only if you have plans)

- ☐ 6 servings salt and pepper to taste
- ☐ 5 shallots sliced thin
- ☐ 3 tablespoons sherry vinegar
- ☐ 10 slices bread crumbs french italian 1-inch-thick (3 inches in diameter)

Equipment

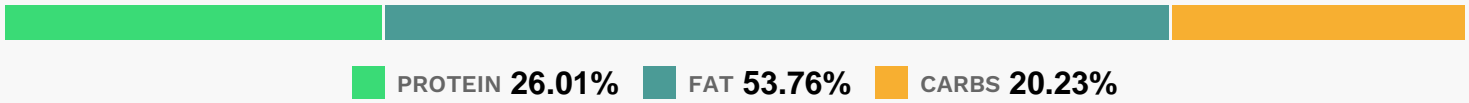
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ broiler

Directions

- ☐ Make the croutons: Preheat oven to 350 degrees.
- ☐ Brush both sides of bread slices with 3 tablespoons of olive oil and season with salt and pepper.
- ☐ Cut into 1-inch cubes and bake croutons in oven on a baking sheet, shaking pan occasionally, until golden brown, 12 to 15 minutes.
- ☐ Remove salmon skin from fillet and reserve fillet for another use. Lightly brush half tablespoon hazelnut oil on both sides of salmon skin and place on preheated grill until crispy, about 2 minutes per side. (Alternatively, you can crisp it under a broiler.) Pat salmon skin dry with paper towels, cut into three-quarter-inch dice, and set aside.
- ☐ Combine shallots, lemon juice, sherry vinegar, ginger, garlic, half cup of hazelnut oil, salt and pepper in a small saucepan and cook the dressing over moderate heat until shallots are wilted, about 3 to 4 minutes.
- ☐ In a large bowl toss the frisee, salmon skin, and croutons with warm sherry vinegar dressing. Divide among 6 plates and serve immediately.
- ☐ Taste

- ☐ Book, using the USDA Nutrition Database
- ☐ The Dean and DeLuca Cookbook by David Rosengarten with Joel Dean and Giorgio DeLuca.
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Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:1, Inflammation Score:-10, Nutrition Score:41.642609181611%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 558.57kcal (27.93%), Fat: 33.34g (51.29%), Saturated Fat: 11.77g (73.55%), Carbohydrates: 28.22g (9.41%), Net Carbohydrates: 22.31g (8.11%), Sugar: 14.4g (16%), Cholesterol: 97.28mg (32.43%), Sodium: 457.32mg (19.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.3g (72.59%), Vitamin K: 302.52µg (288.12%), Vitamin A: 5921.28IU (118.43%), Selenium: 57.19µg (81.7%), Vitamin B12: 4.88µg (81.41%), Vitamin B6: 1.45mg (72.54%), Vitamin B3: 14mg (69.98%), Vitamin B2: 0.79mg (46.42%), Folate: 177.71µg (44.43%), Phosphorus: 415.6mg (41.56%), Potassium: 1374.47mg (39.27%), Vitamin B5: 3.86mg (38.65%), Copper: 0.7mg (35.22%), Vitamin C: 27.14mg (32.9%), Vitamin B1: 0.48mg (31.73%), Manganese: 0.54mg (27.03%), Fiber: 5.91g (23.62%), Vitamin E: 3.39mg (22.58%), Magnesium: 89.58mg (22.4%), Iron: 3.19mg (17.7%), Calcium: 171.93mg (17.19%), Zinc: 1.72mg (11.45%)